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Carolina Country

formerly CAROLINA FARMER

Vol. 2, No. 9, September 1970

James A. Chaney
Editor

Edward Brown, Jr.
Associate Editor
and
Advertising Director

Betty McBride
Carolina Homemaker Editor

Official Publication
Tarheel Electric
Membership Association
P. O. Box 1699, Raleigh, N. C.

J. C. Brown, Jr.
Executive Manager

COVER — This month's color photo, made at the Land of Oz on Beech Mountain at Banner Elk, N.C., first appeared on the cover of Holiday Inn Magazine in July and is reproduced by special permission. Holiday Inn magazine liked the Land of Oz. It's one of the most interesting attractions of Carolina country. After reading about it on page 7, you'll want to visit Beech Mountain and go Over the Rainbow yourself. Photo by Bruce Roberts.

This month . . .

6 EMCS HELP BUILD JOBS
7 OVER THE RAINBOW
8 THE CAROLINA HOMEMAKER
10 FARM BOYS RANCH
14 HALE!

CAROLINA COUNTRY IS PUBLISHED MONTHLY BY TARHEEL ELECTRIC MEMBERSHIP ASSOCIATION, INC. SECOND CLASS POSTAGE PAID AT RICHMOND, VA., 23219. EDITORIAL OFFICES, SUITE 911, BRANCH BANK BUILDING, RALEIGH, N. C. 27602. POSTMASTER, SEND FORM 3579 TO BOX 1699, RALEIGH, N. C. 27602. SUBSCRIPTION PRICE, 75 CENTS PER YEAR. PRINTED BY BEACON PRESS INC., RICHMOND, VA. ADDRESS ALL MAIL TO: **CAROLINA COUNTRY, BOX 1699, RALEIGH, N. C. 27602.**

Ma Bell and the Frustrated Subscriber

The telephone company is trying to persuade people to call long distance by dialing direct. It says direct dialing will save you money. For example, a five-minute call from Raleigh to Lenoir costs $1.16 plus tax if you dial direct against $2.16 plus tax person to person. Unfortunately, you only save if the odds are with you; most of the time, they aren't.

For one thing, the person you're calling usually isn't in. You get his office, but not him. If you dial direct, you pay for the call even though you don't get your party. We find that happens so often that a good part of our bill would be for nothing if we followed the phone company's advice.

And there's the indifference of people nowadays to the telephone. When you dial direct, the secretary of the man you're calling answers, never knowing unless you tell her it's long distance, then minutes pass until she gets her boss on the line. Precious minutes are wasted while somebody goes to hunt for your party, or while your party finishes the task at hand, and the toll charges build up until finally somebody picks up the phone and says: "He can't come to the phone now . . . would you like to hold?"

We'll concede direct distance dialing saves the company money, because fewer operators are necessary. But until the company devises some system, like a different sounding ring or a recorded voice, to distinguish direct dial long distance calls from local calls, and figures some way to work it so you don't pay the full rate when you can't get your party, we figure the only way to save is to call person to person.

So we challenge Ma Bell to call her scientists and customer relations experts together and look a little deeper into direct distance dialing. There's bound to be some way the electronic wizards can let the party you're calling know it's a long distance call and develop gadgetry to spare you the full cost of a long distance charge when all you get at the other end is the office receptionist.

And when those little problems have been mastered, Ma Bell's persuasive customer relations folks ought to be able to carry it the final step. Because if they can persuade people it's better to dial yourself than use an operator, they should be able to sell people on the importance of answering long distance calls promptly.

Jim Chaney

MAILBOX

We have read and re-read your very fine article, "Let's Withdraw the Power Troops," in the June issue . . . We want to say we are grateful to you for the clear, concise statement about the electric industry. We indeed do want low cost, dependable electricity. This is a consumer's plea to all power companies to follow your suggestions .

The Raymond Kellogs
Santee, S.C.

I received my first copy of Carolina Country and was pleasantly surprised to find a small publication actively involved in consumer education and protection. I congratulate you on your efforts and hope most members read your comments on UCCC.

Jerry W. Weeks
Chapel Hill

Your magazine is superb. Some of your recipes are family traditions—for example, the "Impossible Pie" has been used at our house at least 10 times in the short time since published.

Mrs. Edward D. Beaston
Tryon

Best of Books

A wild country, a lone prospector and a half-wild girl released from captivity by the Indians are but a part of an intriguing story of courage and loyalty told by Clyde Ware in "**The Innocents**" (W.W. Norton and Co., $4.95). The old man and the girl have a simple, beautiful life until fate involves them with an assortment of "civilized" white men and "savages."

The story is full of physical action and suspense with the white men determined to find gold, the Indians fighting to keep their land, and the prospector knowing the fate of the girl if he leads the men to gold. The climax comes in a final act of heroism on the part of the old prospector and a savage justice is realized.

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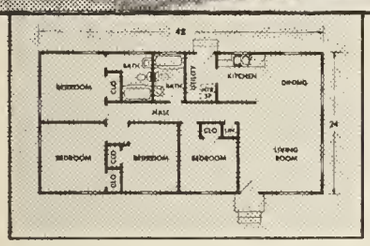

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More Jobs and a Better Life for Rural North Carolina

What's important in the electric business?
Low-cost, high-quality dependable service is vitally important.

That's the kind of service North Carolina's electric membership corporations provide their owners—the 260,000 families, churches, schools, businesses, resorts and industries they serve across the state.

But electric service isn't the only thing the EMCs hold important.

Equally important with them is the development of rural North Carolina.

The EMCs are consumer-owned, taxpaying local businesses, dedicated to total area development which means they not only provide electricity but work to improve opportunities for rural people.

In North Carolina, and all over the nation, rural electric cooperatives are helping create new jobs, providing employment themselves for thousands of wage-earners, helping improve rural housing, promoting industrial development and helping make rural life more comfortable and rural communities better places to live and work.

The U.S. Department of Agriculture recently announced, for example, that rural electric and telephone systems helped create more than 60,000 new jobs in rural America last year.

The figure was based on reports from 51 percent of 1,830 REA borrowers surveyed on community development activities. The 60,000 jobs resulted from 787 commercial, industrial and community facilities projects which the reporting systems helped launch during the year either on their own or in cooperation with other businesses and public and private agencies and organizations.

Since only 51 percent of the systems responded to the survey, the reported totals of projects launched and jobs created do not represent all that all REA borrowers accomplished. If complete figures could be obtained, the totals even at the most conservative estimate could be expected to run at least half again greater.

In North Carolina, the Department said, reporting systems alone helped create 2,742 new jobs through 31 projects. And these were the totals for only 47 percent of rural electric borrowers and 39 percent of rural telephone borrowers.

In addition, North Carolina's consumer-owned EMCs are making possible commercial and industrial payrolls totaling nearly half a billion dollars a year in the areas they serve.

That's the estimate made by Chairman Gwyn Price of the N.C. Rural Electrification Authority. He developed the figure from an analysis of commercial and industrial loans on the EMC systems.

According to his analysis, "large" (50 kva or better) commercial and industrial firms served by the EMCs have annual payrolls totaling about $69 million and "smaller" (less than 50 kva) commercial and industrial firms annual payrolls totaling $416 million, or a combined total of $485 million.

The total does not include the payrolls of the EMCs themselves. If you count the estimated $7 million a year they pay their 1,200 employees, the total would run even closer to the half billion mark.

Electric membership corporations in many cases are the largest businesses in their communities. The money they spend with local businesses and pay to their employees is an important factor in the economy of their communities. It means more income for merchants, appliance and auto dealers, service people and contractors, more deposits for local banks and more revenue for local governments and community services and facilities in addition to the local taxes they pay.

Then, too, the consumer-owners of the EMCs contribute to the economy by buying appliances and equipment to use their electricity. Take just one EMC—one of the smallest in the state with 5,313 members—as an example.

On a ten-year period, members of this EMC bought 2,120 freezers, 4,982 TV sets, 3,869 electric ranges, 4,346 water pumps, 4,452 washing machines, 4,028 water heaters, 1,043 air conditioners, 5,141 refrigerators, 318 dish washers, 477 clothes dryers and 1,219 electric blankets. Every item meant a profit for local businessmen.

When you consider most EMCs have over 10,000 members, you can see such purchases mean millions a year for local retailers in EMC-served areas.

There's a saying that the best business is local. That's the kind of businesses North Carolina's electric membership corporations are. Every one of them is locally owned and locally managed. They're not run from Washington or Wall Street.

The EMCs have been increasingly active in industrial development since the end of World War II. Many of them support and contribute to local and regional development agencies. Many EMC managers and directors serve on chambers of commerce, boards of local banks and businesses and as members or officers of local development corporations and organizations.

In addition to their local efforts, the EMCs are working together in a statewide industrial development program coordinated through Tarheel Electric Membership Association by Ronald D. Baker, TEMA's director of industrial services.

Along with industrial development, the EMCs are working to improve rural housing in close cooperation with the Farmers Home Administration. An FHA official, noting a substantial increase in Farmers Home housing loans, said a great deal of the credit for the increase goes to the EMCs.

So when you see the name EMC don't think of just electricity.

Think of cooperation, better communities, more jobs, greater opportunities and a better rural life.

These are the things the people in the people's electric businesses, the EMCs, stand for and these are the goals the EMCs are working to help rural people achieve.

Over the Rainbow In the Land of Oz

The Land of Oz truly lies "over the rainbow."

A themed park unlike any other attraction in America, "Oz" is more than a mile high around the pinnacles and through the glades marked by centuries-old, wind-twisted trees atop Beech Mountain at Banner Elk in Western North Carolina.

Dorothy's house, the tornado, the Yellow Brick Road, the Scarecrow, Tin Man, Cowardly Lion, Emerald City, and the Wizard are all there. Visitors walk and live through the entire story of the "Wizard of Oz," meeting the characters as they go.

The opening of Oz this year climaxed years of thought, planning and work by the late Grover Robbins and his brother Harry, plus many others who were recruited to apply their special talents to the project.

Access to the park with its vistas of the Blue Ridge and Appalachian ranges is by gondola lift from the Bavarian-Swiss style Beech Tree Village at the base of the ski slopes or by surrey-top buses from the same area.

From an entry gazebo, visitors proceed to Memorial Overlook, where another gazebo is slightly cantilevered over one of the boulders. Here a sculpture of Judy Garland as Dorothy with her little dog Toto bears an inscription from Frank L. Baum's book:

"If I ever go looking for my heart's desire again, I won't look farther than my own back yard, because if it isn't there then I never really lost it to begin with."

Winding paths from this point lead through the woods to Uncle Henry and Aunt Em's farm. There is a 5/8-scale farmhouse, barn, silo and windmill, plus patches of tomatoes, corn, cabbage and beans and dozens of young farm animals – pigs, calves, sheep, goats, horses – a real farm and petting zoo for children.

Inside the farmhouse, all the furnishings in the parlor, dining room, Dorothy's bedroom are sized to scale, looking just as they did on a turn-of-the-century Kansas farm. It is in Aunt Em's kitchen, detailed down to its shelves of Mason jar preserves, that the fantasy begins.

Here visitors hear the roaring, rushing sound of wind and a voice directs everybody to hurry into the storm cellar, a cyclone is coming. The route into the cellar is actually a maze in which sight and sound effects create impressions of houses, barns and animals flying through the air, along with the Wicked Witch of the East. When the storm has subsided, the people are led back upstairs into what appears to be the same kitchen, except that it has been tilted several degrees in two directions with everything overturned and the interior splashed with a rainbow of color. Actually they are in another house, connected to the first by the cellar corridor.

From the front door, it is discovered that the "flying" house has landed on a boulder as well as on the witch, whose feet protrude from underneath.

Outside, straight through the trees, is the Yellow Brick Road. Munchkinland, with its colorful toadstools, is on the right and the Garden of Oz to the left.

Dorothy and friends on The Yellow Brick Road

Visitors proceed through Oz and a series of gazebos from which they view the scarecrow, singing and dancing in front of his crazy house with a flock of friendly crows; the Cowardly Lion, emerging shyly from his cave to sing "Courage," and the Tinman, entertaining all who visit his patchwork house of metal.

At the turn of the Yellow Brick Road, a huge natural rock formation presents the ominous profile of the Wicked Witch of the West and, sure enough, there she is, mumbling her evil plots over her caldron.

All of these live characters are played by high school and college students from the area.

As the road gets steeper, huge multi-colored balloons are seen passing overhead with passengers in the gondolas. Over the hill is Emerald City, where the highlight of the Oz trip takes place.

At regular intervals a fountain sends a geyser high into the air, bells peal and lights flash, and Mr. Greenie, the gatekeeper, announces the momentary appearance of the Wizard of Oz, who can be seen only through green, stereoscopic glasses.

Oz appears as a great head in clouds of smoke. But as he fumes, Munchkin girls musically explain Dorothy and her companions are there to plead for a heart, a brain, courage and a trip home to Kansas. Each character presents his case through a dance and lyrics and receives what he seeks.

Dorothy's singing of "Over the Rainbow" and departure for home via balloon closes the show.

Visitors may stay in Emerald City and visit the Toadstool Restaurant, the Mouse House and other shops of Oz. When they do return to Uncle Henry's farm, it is by one of the "balloons" which constitute the only ride of the park. Each is of different design with a gondola for four persons. Operating on much the same principle as ski lifts, they pass over Emerald City and the pinnacles for an incomparable view of the sky, clouds and mountains. At the end of the ride, passengers can visit the petting zoo or a museum which honors Frank L. Baum, the author of "The Land of Oz."

Be Young, Be Foolish,

BUT BE HEALTHY

The Carolina Homemaker
Edited By Betty McBride

We usually associate poor health with the aged, but this is only a half truth. Being young has its disadvantages too, especially if you're a girl! Teenage girls love to eat. Often the thought of eating nutritious food is repulsive to them. So, if you are a modern mother, you may find yourself having to sneak good food into teenage diets.

In a recent study, nutritionists found that 50% of the teenage girls in America are anemic. This is a startling fact, especially when the same survey showed that only a small percentage of teenage boys had this deficiency. In a coordinated study, it was found that teenage girls eat approximately 45 eggs a year; while boys consume about 245 eggs a year. Since two eggs provide almost one-third of the daily iron needed in the body, boys are getting about 5 and 1/2 times more iron than girls.

In a teenager's busy world, iron takes care of the blood's need. There are so many other body needs, and nothing takes care of those needs better than the egg. Eggs are included in the Protein Group when classified under the Basic 4 Food Groups. This is because of the high quality and quantity of protein provided by the egg. Besides providing the body with all necessary nutrients except Vitamin C, two eggs take care of 20% of the protein needs for the body. The egg quality is so high, that it is used as a standard to grade meats and other protein foods. It goes without saying that protein is essential to good healthy bodies. According to nutrition authorities, a human being could live a long and healthy life on eggs and citrus juices alone.

Today's teenager has become increasingly figure conscious! With this interest in diets and slim waistlines comes the risk of poor health. Many people feel that they can lose weight by leaving out one meal a day, breakfast. This is an incorrect and dangerous assumption. Breakfast calories are burned off during the day's activities. Late night calories, however, are rarely used before they are turned to fat. When dieting, eggs should always be included. In comparing one egg to a 3-ounce hamburger patty, we find that the egg provides almost twice as much protein, almost 3 times as much iron and 100% more Vitamin A. As you can see there just isn't a better diet food on the market. If you were to try to buy all that one egg provides in pill form, it would cost you approximately $22.50.

In order to receive full value from the eggs you purchase, there are a few simple rules in buying, storing and cooking. If these rules are followed, you need not worry about the quality of eggs that you serve your family.

Purchase eggs from a refrigerated case owned by a reputable dealer. Take your eggs home and put them in your refrigerator immediately. Eggs left at room temperature will lose more quality in 24 hours, than those stored for 4 weeks in refrigeration. Always store eggs with the large end up. This helps to maintain quality. Correct storage will insure high yolks with firm, thick whites. Both of these are signs of fresh grade A quality eggs.

When cooking eggs, remember to use low temperatures. This practice will produce nice results in any meal. When hard-cooking eggs, never boil them. Boiling eggs produces an inferior product. High heat causes sulfur and iron to deposit between the yolk and white leaving a green ring. Boiled eggs have a tough and rubbery white and the yolks have a mealy texture. If the right method is used, there will be no green ring, and the entire egg will be tender and will have a better flavor.

PREPARATION OF HARD-COOKED EGGS: Cover eggs in pan with enough water to come at least 1-inch above the eggs. Bring rapidly to boiling. Turn off heat and if necessary set pan off unit to prevent further boiling. Cover and let stand in the hot water for 15 minutes Cool immediately and thoroughly in cold water, this makes the shells easier to remove and helps to prevent dark surface on yolks.

To remove the shell: crackle the shell. Roll egg between hands to loosen the shell; then peel. Holding the egg under running cold water or dipping in bowl of water helps to ease off the shell. Use eggs that are several days old for hard-cooking; this keeps the white from clinging to the shell.

For those mothers who are trying to find new ways to serve eggs to reluctant teenagers and youngsters, here are some EGGsellent ideas! These recipes appeal to teens and still provide them with good nutritious food.

Linda A. FitzHugh, Home Economist
North Carolina Egg Marketing Assoc.
July 15, 1970

EGG 'N POTATO BAKE

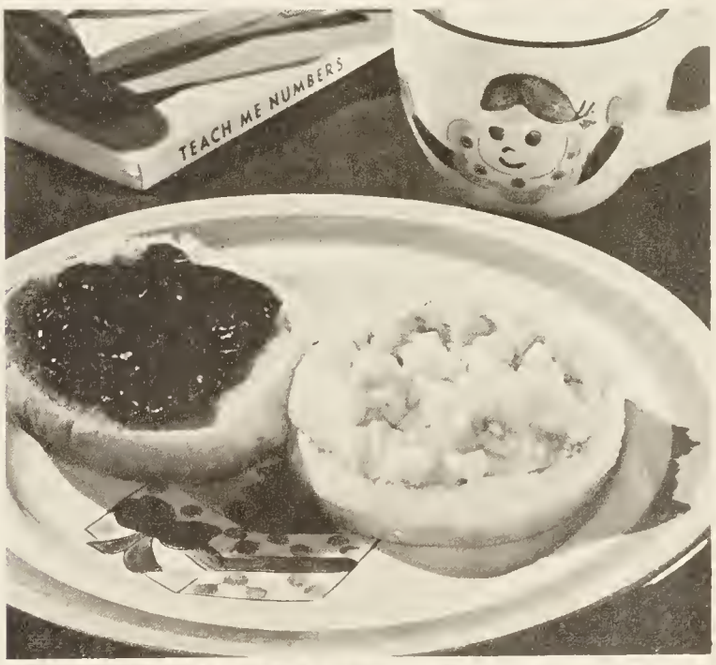
4 aluminum foil cups or ramekins
1 package (5½ oz.) hash brown potato mix
8 eggs

To make foil cups, cut heavy duty aluminum foil into 8 circles, approximately 9 inches in diameter. Using a can with a 5-inch diameter for guide, make cups by folding up edges of double foil circles around can. (A two-pound coffee can is ideal). Remove can and turn down edges of foil to make cups 1-inch high. Prepare potatoes according to package directions. Divide into foil cups. Break two eggs into each foil cup. Season with salt and pepper. Bake in 325 degree F. (slow) oven 15 to 20 minutes, depending on degree of doneness desired. Serve immediately. Makes 4 servings.

PEANUTTY EGG SANDWICHES

6 eggs
1/4 cup milk
1/2 teaspoon salt
2 tablespoons peanut butter
4 sandwich buns, toasted and buttered

Mix eggs, milk and salt with fork – mixing thoroughly for a uniform yellow, or mixing slightly if streaks of white and yellow are preferred. Heat peanut butter in skillet over medium heat until melted and just hot enough to sizzle drop of water. Pour in egg mixture. As mixture begins to set at bottom and sides, gently lift cooked portions with spatula so that thin, uncooked portion can flow to bottom. Blend peanut butter into eggs but avoid constant stirring. Cook until eggs are thickened throughout but still moist, about 3 to 5 minutes. Spoon scrambled eggs onto bottom halves of sandwich buns, spread favorite jam, jelly or preserves on top halves, if desired. Serve immediately. Makes 4 servings.



MOCK EGGS BENEDICT

8 buttered toast rounds
2 cans (3 oz.) sliced mushrooms
8 poached eggs
1 can (10 1/2 oz.) cheese soup, undiluted

Place two toast rounds on each plate. Drain mushrooms and divide evenly between the toast rounds. Top with a poached egg. Heat the cheese soup over low heat, stirring constantly until bubbly. Spoon over the poached eggs. Serve immediately. Makes 4 servings.

POACHED EGGS

Bring water in a shallow pan to the boiling point – enough to have about two inches of water. Reduce heat to hold temperature at simmering. Break each egg into a sauce dish and slip egg into water quickly at the surface. Cook 3 to 5 minutes, depending on the firmness desired. Remove the eggs with slotted pancake turner or spoon and drain.

Father-Sons Enterprise Turns Mucklands Into Unique Ranch

Service roads break up open fields.

A wealthy Pennsylvania businessman turned farmer is taking 20,000 acres of muckland in Northeastern North Carolina the early settlers left behind and converting it into one of the most unique agricultural ventures in the nation.

Cy Rich and Sons are developers of the large Farm Boys Ranch located 12 miles east of Belhaven. A recent advertisement succinctly summed up the operation: "From undeveloped land to char-broiled steaks."

This wide-encompassing statement is actually a simple way of saying that Cy Rich and Sons have one of the few completely vertically integrated agricultural ventures found anywhere.

The vertical integration is based on the simple axiom that the closer the farmer takes his product to the consumer the better.

Cy Rich and Sons are doing just that. Essentially the operation works this way; Grain crops are grown and processed by cattle and hogs; the cattle and hogs are processed in the food processing plant; and the food is sold in restaurants.

Cy Rich and Sons have formed the Farm Boys Ranch which has two divisions: Farm Boys Food Products Division, and Farm Boys Restaurant Chain.

"The whole theme is vertical integration," said Rich. "Since we started the venture, we had this in mind. It didn't just happen."

Before Rich arrived on the scene, today's productive land was wet, flat-land, poorly drained, swarming with semi-tropical growth of trees and bushes, and swampy.

Rich used his engineering know-how and put heavy bulldozers and drag-line machines to work to cut right-of-ways and to dig canals for irrigation and roads.

Precise engineering has gone into the reclaiming of the land. Drainage ditches span the fields at intervals of about 300 feet. Each ditch collects its share of the run-off and carries it to the next largest waterway, and so on.

Rich's belt of muckland lies between the 20-square-mile New Lake and the Intracoastal Waterway. New Lake is owned by Rich and two other developers not connected with Farm Boys Ranch.

Approximately 12 miles of the Waterway runs through the farm. Part of the main shipping route from Florida to New York, the Waterway will be a valuable transportation route for Rich's operation.

Rich explained how ideally located the lake and Waterway were as we rode along the canals in his truck. "A main canal from lake to Waterway, which is 12 feet lower, brings water through the farm as needed for irrigation. A system of water-stops makes it possible to control the flow from tract to tract, or halt the flow entirely."

Thus, the same canal used for irrigation is also used for drainage purposes.

More than anything else, Rich appeared to be particularly proud of his service roads, which are firm and relatively bump-free.

"Try to build a dirt road across this muck as you would through an ordinary woodland," he said, "and you're definitely wasting your time."

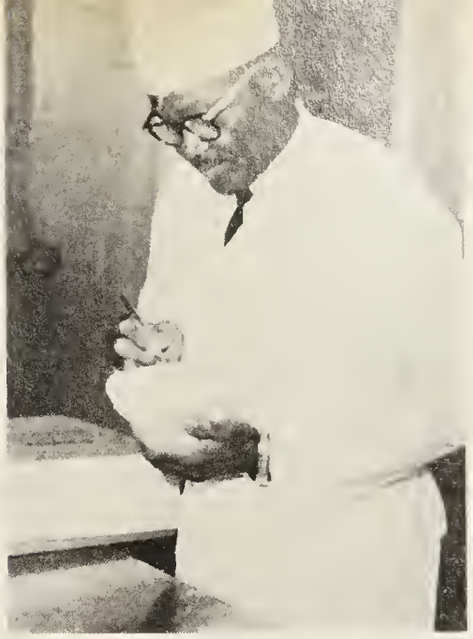
The roads are built by first bulldozing a right-of-way. A large canal is then cut to obtain road material. The canal is later refilled with trees and stumps from the clearing operation. After this has been accomplished, the road material is bulldozed back on top of the canal which makes an all-weather road.

The newly-drained fields seem to literally stretch miles and miles. Single, 640 acre fields of soybeans or corn are not uncommon. Tractors can usually go straight down the rows a solid mile before making a turn – a saving in time and lost motion.

Rich has one of the largest herds of cattle in the country. He has over 1,250 heads now and expects to breed 1,000 cows by 1971. He is also cross-breeding extensively.

Cy Rich and Sons, developers of Farm Boys Ranch: Cy, Jr., Rich, and Robert.

A chain of Farm Boys Restaurants similar to the one in Belhaven is planned.



Meat is processed at the Ranch.

"We have a herd of Angus-Holstein cross now," he said. "We breed an Angus bull to a Holstein cow, and then breed the offspring to a third breed to get the qualities of three distinct bloodlines."

The Farm Boys Restaurant Chain was recently started with restaurants located in Belhaven, Plymouth, Washington and Williamston. Rich anticipates building as many as 1,000 units across the United States.

The quick-order restaurants offer a menu varying from filet mignon, barbeque platters, to sausage sandwiches. "Our menu is so designed that every inch of our cattle and hogs is used," Rich pointed out.

"We are producing what we sell," said Rich. "We have control over the quality of our product. We feel competitively this is an advantage in business."

Speaking of his vertical operation, Rich said he felt this was the direction agriculture will have to go.

"The farmer has been caught in an inflationary squeeze," he said. The farmer should make every effort to develop an agricultural program that would take his production as close to the consumer as possible.

Rich feels that Eastern North Carolina has a tremendous potential for feed and food production.

"If people with vision can be attracted to the area, the fertile land, climate, and availability of rainfall are present," he said. "No other section of the country offers the diversification of Eastern North Carolina, and it's within 500 miles of half the nation's population.

Rich, 49, is a robust man and a natural "doer." He is a native of Blackville, S.C., where his parents were farmers. He apparently has a knack for motivating other people; it's contagious.

Everywhere on the farm, literally miles apart, men were working on various projects. Meat was being packaged, rugged bulldozers were clearing trees, and cattle feeding lots were being fenced off.

Each place we stopped Rich offered words of praise to the workers. "Looks good! Looks good!" he hollered to a fence worker as we rode by. And it did.

Rich's success at New Lake is easily understood considering his professional and business background, an aeronautical engineer, an airline pilot, a flying instructor for the U.S. Air Force in World War II, and the developer and owner of Better Built Homes, a system of pre-fabricated modern homes.

Irrigation and drainage canal.

Rich looked up and down the entire East Coast before he decided to locate in North Carolina and Hyde County. He bought a 375-acre tract of land as a starter. By 1963, he had increased the total to 6,000 acres.

The "Sons" part of Cy Rich and Sons developers is very much a part of the overall operation of the farm. Cy Rich, Jr. the oldest son, is in charge of agriculture and cattle. He is a graduate of Duke University and afterwards took courses in food processing at North Carolina State University.

Another son, Robert, recently graduated from St. Andrews Presbyterian College and heads up the restaurant chain. Billy, the youngest son, is a sophomore at the University of North Carolina at Chapel Hill.

Delbert Armstrong, a key man in the operation since the beginning, is in charge of heavy equipment cleaning.

Farm Boys Ranch is served by Woodstock Electric Membership Corporation, which heavied-up about six miles of line to serve the 150,000 bushel grain storage tanks, processing plant machines and giant freezers.

Many people believe that the reclaimed land in Eastern North Carolina will become the food basket of the East Coast. Men with the vision and know-how of a Cy Rich can make it a reality.

No matter what the future holds. Cy Rich and Sons are developing one of the last frontiers in the United States.

Ed Brown, Jr.

"Parents: Should They Try To Be 'Rulers' or 'Pals'?"

If there's one thing a teenager doesn't want or need, it's a ruler, especially if it happens to be his parents. This phase of his life is a time for growing up and facing the world, and he likes to feel at least partially independent of his parents. If the parents do not give him this freedom, he feels resentful and is more likely to rebel. On the other hand, if they let him experience this independence, their teenager will usually tend to accept more responsibility and become a more mature person. At the same time, a thriving, understanding, and friendly relationship develops between the parents and teenager."

Mary Jane Helms
Rt. 6, Box 666
Monroe

Mary Jane is 19 years old and is a junior at the University of North Carolina at Charlotte. She enjoys music, reading and cooking. Her parents, Mr. and Mrs. Brooks H. Helms, are served by Union Electric Membership Corporation.

* * * * *

"This question has many pros and cons. But, I think the majority of the teenagers prefer their parents as rulers. A teenager has more respect if his parents lay the law down. They seem more mature and have more responsibility. They have respect for themselves and for others. A teenager may act like he hates his parents if they lay their foot down, but deep down they appreciate it. I feel a teenager with respect and consideration would prefer their parents as a ruler."

Sharon Calloway
Route 2
Tarboro

Sharon is 15 years old and a sophomore at Tarboro High School. Her hobbies are reading and cooking. Her parents, Mr. and Mrs. Jack Calloway, are served by Edgecombe-Martin County Electric Membership Corporation.

"I sincerely believe that a parent should be a ruler and a pal, too. This is the way that I prefer to be treated by my parents. I want my mother and father to make rules for me to follow and to reprimand me when I step out of line. Also, I like for my parents to be my friends. Every child or teenager needs parents that they can enjoy being around, that they can kid or joke with, that they can sit down and reflect over problems. A parent has to be many things to be a really good parent."

Cathy Long
Route 1, Box 51
Eure

Cathy is 18 years old and a graduate of Gates County High School. She is employed by Parker Brothers, Inc., in Ahoskie. Her parents, Mr. and Mrs. Ralph S. Long, are served by Roanoke Electric Membership Corporation.

* * * * *

"I think parents should be both 'rulers' and 'pals.' I wan to look up to them for authority and obedience, but I wan them to be my friends as well. When I need guidance o help, I would like to be able to talk it over with my parents just as I would with my best friend. Parents shouldn't try t intimidate their teenagers, neither should they try t imitate them."

Ellen Long
Route 1, Box 141
Hertford

Ellen is 16 years old and will be a junior at Perquiman High School. Her hobbies are reading and listening to musi of all kinds. Her parents, Mr. and Mrs. Emmett B. Long, ar served by Albemarle Electric Membership Corporation.

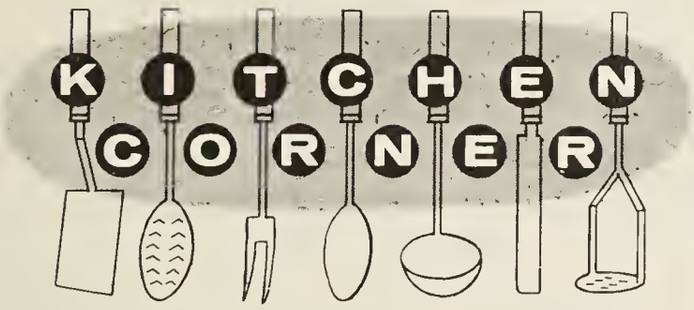
If you have a good answer, send it to THE TEEN ROUNDTABLE, Carolina Country, P. O. Box 1699, Raleigh, N. C., at once. Tell us a few facts about yourself—your age, school, hobbies, etc. Include your parents' name, and the name of the electric membership corporation serving you. If your answer is published, we will send you $5.

If you want to submit a question, send it along for our statewide panel to answer. For each question used, the sender will get a $5 check. Jot yours down and send it to us right away.

NEXT QUESTION

"Should sex education classes b taught in the schools?"

This question was submitted b Mary Dianne Sellars, who will b receiving $5 from CAROLINA COUN TRY. Mary is 14 years old and wi attend N.L. Dillard Junior High thi fall. Mary's parents, Mr. and Mr David Sellars, are served by Piedmon Electric Membership Corporation.



DILLY BREAD

It's hard to make any improvement on homemade bread but "Dilly Bread" just might be a special case. This is a wonderful aromatic bread that goes especially well with hams and roasts.

Mrs. Frank G. Richards, of Hickory, sent us this special recipe. Mrs. Richards writes that her main hobbies are cooking, doing all kinds of needlework and decoupage. The Richards have a daughter and son, both married, and two grandchildren.

The Richards are served by Davie EMC.

If you have a favorite recipe you'd like to share through this column, send it to: Betty McBride, Kitchen Corner, P.O. Box 1699, Raleigh, N.C. Tell us something about your self and family and give us the name of your electric membership corporation. We pay $2 for the recipe chosen monthly for this column.

CAROLINA COUNTRY RECIPE

Submitted by Mrs. Frank G. Richards, Jr., 854-14th Avenue, N.W., Hickory, N.C. 28601.

DILLY BREAD

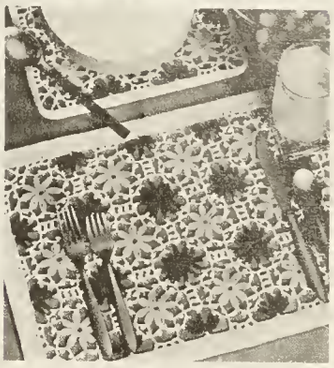
1 package dry yeast
1/4 cup warm water
1 cup creamed small curd cottage cheese, lukewarm
2 tablespoons sugar
1 tablespoon instant minced onion
1 tablespoon butter
2 teaspoon dill seed
1 teaspoon salt
1/4 teaspoon soda
1 unbeaten egg
2 1/4 to 2 1/2 cups all purpose plain flour

Dissolve yeast in warm water. Combine in mixing bowl lukewarm cottage cheese, butter, sugar, onion, dill seed, salt, soda, egg and softened yeast. Add flour to form a stiff dough, beating well after each addition. Cover, let rise in warm place until doubled in bulk. Knead well and shape in loaf. Place in well greased loaf pan. Grease top of loaf slightly. Cover and let rise again. Bake at 350 degrees until golden brown. Rub top of loaf with butter and sprinkle with salt as soon as turned out of pan. It takes about 30 minutes baking.

Free Patterns

Victorian Afghan

A crochet technique popular during the Victorian age. Afghan is worked in long loopy strips on hairpin lace loom.



Buttercup Mats

Bright buttercups and green leaves are scattered through a fine network of lace on these crocheted place mats.

Sunset Afghan

Sunset shades of rose, pink and bittersweet are reflected in this afghan. It is worked in six afghan stitch strips.

Flower Picture

These fragile flowers are captured fresh from the garden on linen fabric, using colorful six strand floss.

To:
The Carolina Homemaker
P. O. Box 1699
Raleigh, N. C. 27602

This pattern offer expires November 15, 1970

Please send me the pattern instructions I have checked below. I am enclosing a long, stamped, self-addressed envelope bearing a 6-cent stamp. (Two such envelopes are required for more than 4 patterns.)

☐ Victorian Afghan ☐ Sunset Afghan
☐ Buttercup Mats ☐ Flower Picture

My name is: _____
Address: _____
Comment; if any: _____
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HaLE!

Sounds Bad

A minister advertised for a handyman, and next morning a neat young man rang the doorbell. "Can you start the fire and have breakfast ready by 7:00?" asked the minister.

The young man thought he could.

"Can you polish all the silver, wash the dishes and keep the house and grounds tidy and neat?" was the next question.

"Look, Reverend," protested the young man. "I came here to see about getting married but if it's going to be anything like that, you can count me out right now."

Today's Child

The 3rd-grade teacher carefully explained to her class that a group of sheep is a flock and a group of quail a bevy. Then she asked for the names of groups of other animals. When she came to camels, one little boy timidly suggested, "A carton."

Age of Computers

Five-year-old Jane was enthusiastically relating the events of her day at vacation church school.

"Can you repeat the daily Bible verse?" asked her mother.

"Oh, yes," answered Jane. "I even remember the zip code. You know, Luke 19:10."

All Together Now—

When the little girl returned home from her first day at school, her father asked her what she had done.

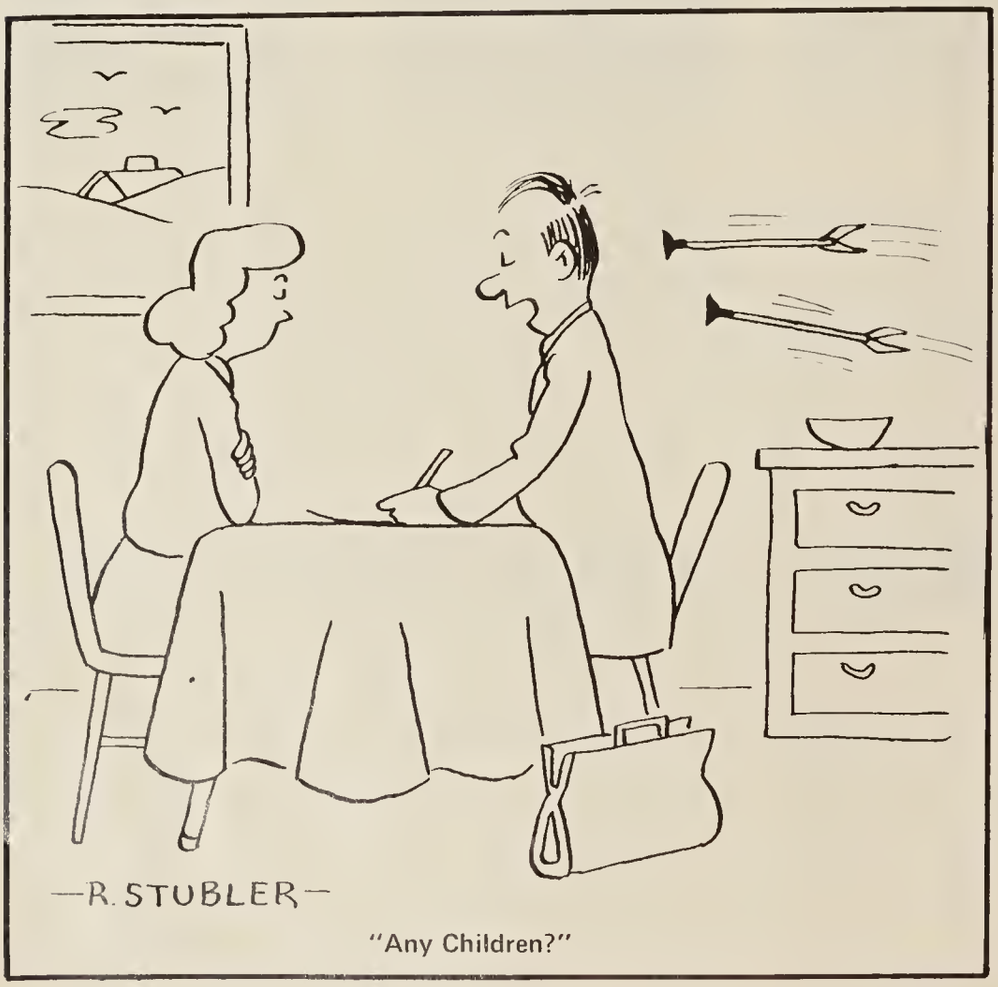
"I did what all the other children did," said the little girl.

"That's good," smiled the father proudly. "What was it that you all did?"

"We cried," said the little girl.

Reduction Necessary

Overheard: "My husband sent away for one of those new weight reduction belts. But he's going to have to take off about 10 pounds before he can get it on."



"Any Children?"

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Monroe, FLBA and PCA
Mocksville, PCA
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Nashville, PCA
New Bern, PCA
Newton, PCA
Oxford, PCA
Plymouth, PCA
Raeford, PCA
Raleigh, PCA
Reidsville, PCA
Rocky Mount, PCA
Roxboro, PCA
Salisbury, PCA
Sanford, FLBA and PCA
Shelby, FLBA and PCA
Siler City, PCA
Smithfield, FLBA and PCA
Snow Hill, PCA
Statesville, FLBA and PCA
Tarboro, FLBA
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Your local PCA provides credit for operating expenses, capital expenditures, or farm and farm family needs on a short or intermediate-term basis.

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It's springtime all winter long with *INTERTHERM* hot water heat without plumbing

by Sidney J. Heiman, chairman of the board Intertherm Inc., St. Louis, Mo.

When I say springtime, I really mean it.

The problem is that most of us are so used to ordinary heat that we can't envision what it would be like to live in a home where the air stays fresh all year long.

For example, Intertherm hot water electric heat operates at a very low operating temperature. As a result, lint and dust in the air of your home aren't scorched and transformed into carbon cinders, as happens with other forms of heating.

These are the cinders that dirty your draperies, that smudge your walls, that cause your furniture to turn gray . . . and they cause a dryness in nasal passages, particularly irritating to allergy sufferers.

I have a large family, and I've been insisting for three years now, that everyone install this heating system. They used to think I was a little eccentric, but now they've had it for a while, I've been treated with unaccustomed respect.

Not only because of the freshness of the air, but because of the remarkable comfort we achieve with this heat. Absolutely no cold floors, and no cold drafts. The floor is almost as warm as the ceiling. And there is an even heat at all times, since the circulating water continues to emit heat even when the thermostat cuts the units off.

There's economy, too. Intertherm in most areas is no more costly to operate than oil, and is only slightly above gas. That's because the hermetically sealed-in water in the self-contained baseboards changes its temperature according to outside weather. So on mild days, the water isn't as warm as on cold days, and no more heat is given off than is necessary.

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So please tell your electric contractor you would like this heat installed for your home . . . or even a single cold room to start.

I can assure you after 50 years in the heating business that this is the finest heating system in the world, today.

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